



Pumpkin Spice Granola

8 servings
40 minutes

Ingredients

- 1/3 cup Brown Sugar
- 1/3 cup Pureed Pumpkin
- 2 tbsps Coconut Oil (can substitute butter)
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/8 tsp Salt
- 1/2 cup Walnuts (coarsely chopped)
- 1 1/2 cups Old-Fashioned Oats (choose gluten-free for Celiac-friendly)
- 1/4 cup Roasted Pumpkin Seeds
- 2 tbsps Ground Flax Seed

Nutrition

Amount per serving	
Calories	199
Fat	12g
Saturated	4g
Trans	0g
Carbs	22g
Fiber	3g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	39mg
Vitamin A	1590IU
Vitamin C	1mg
Calcium	27mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C) and spray a baking sheet with cooking spray or line with silicone baking mat.
- 2 In a large pot over medium-low heat, combine brown sugar, pureed pumpkin, coconut oil, cinnamon, nutmeg, cloves, and salt. Heat, stirring constantly, until brown sugar and coconut oil are melted and mixture is completely mixed and smooth, about 3 minutes.
- 3 Coarsely chop walnuts and add pot with oil and sugar. Add oats, pumpkin seeds, and ground flax seed. Stir to mix well.
- 4 Once mixture is well-combined, spread granola across the baking sheet, distributing evenly in small clusters. Bake at 350 degrees for 25 to 30 minutes, or until golden brown. Rotate the pan 180 degrees at the halfway point, but don't stir as this will break up the clusters.
- 5 Remove granola from the oven and let cool completely. It may seem wet, but it will become crispy as it cools.

Notes

Total Time: 40 min: Prep time: 10-15 min // Cook time: 25-30 min

Serving Size: 1/2 cup

Pro Tip: Use leftover pumpkin puree to serve with granola: start with plain or vanilla yogurt and pumpkin puree and top with granola.

Cooking Equipment: Large pot // Large baking sheet with optional silicone baking mat

Leftovers: Store up to a week in a sealed jars until ready to use or freeze for longer shelf life.

Coarsely chop walnuts: stack walnuts in a pile and using a chef's knife chop into uneven pieces, about 1/2-inch in size.